2019 Graduate List PAGE 9
Art Gallery PAGES 10-11
Worst Date PAGE 14

UAA Mat-Su Home of the Mat-Su College Arctic Dragons

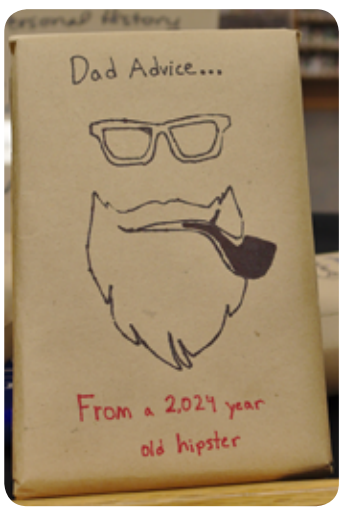
Mat-Su Monitor

SUMMER 2019 VOLUME 42 NUMBER 4

Editor's Farewell

By Sam Ouellette

As I bid so long to Mat-Su College and move onto a new chapter in my life, I am opening the door for new beginnings with the *Mat-Su Monitor*. I have been the editor for the *Mat-Su Monitor* for the past four years and a contributing writer for six years. The *Monitor* has opened a lot of doors, created lifelong friendships, and even a time or two provided guidance on life. Now you may ask yourself why should I write for the *Monitor*? The answer is simple -- why wouldn't you write for the *Monitor*? You can write about just anything you want (within reason of course) and it looks dazzling on a resume. This is not to mention the skills you can pick up as a writer along the way. As I write my final articles and edit my final pieces, I look back on what I have gained from my experiences: the good, the bad, and the humorous. As you read this I am stepping down from my role as editor and hope that you, the reader, may step up to keep the traditions of the *Mat-Su Monitor* alive.



National Library Week

April 7-13 at the

Alvin S. Okeson Library

Juneau or Bust

Advocacy for the University of Alaska with a "Capitol" A

By Secretary/Treasurer Ryan McCrossin

I left for Anchorage from my home in Willow at around 4:00 A.M. on March 16, 2019. I had finished packing my bags three hours prior, and didn't get any sleep at that point. I wasn't tired for some odd reason, although I was coming up on nineteen hours of being awake. It was still early enough for the road to be dark and empty. President Brittany Harvey, Senator Michael Kaylor, and I had arranged to meet at the Trunk Road Park and Ride at about 5:45 A.M. Our flight from Anchorage left at 8:05 A.M. that day and we get to Juneau at 9:10 A.M.

When we arrived, Morgan Dufseth, the person who has been practically setting the whole thing up, came to drive us to the hotel. She gave us a brief tour of Juneau, some brief history, some good places to eat while we were there, and tips for talking with our legislators. One of the main things she managed was to get everybody in the same room with their representative and senator. As I live in Willow (10-E), I was going to be speaking to David Eastman and Mike Shower.

The Juneau trip consisted of two days of preparation and two days of interaction. Students from Juneau, Mat-Su, even Fairbanks drove, flew... then walked over to the Baranof Hotel. The first day was mainly an introduction day and a mixer; we got seated at tables with students from different schools and attended a couple of presentations from various legislators. Included in these were Rep. Laddie Shaw, Rep. Kelly Merrick, Senator Jesse Kiehl and Rep. Andy Josephson. I feel that by doing this, a lot of pressure and stress is alleviated off of the participants in the conference. After sitting in front of the State legislators and hearing their thoughts on

See **JUNEAU** *page 2*

Heather's Ultimate Top 8: The Top 8 Picks From Heather's Top 8

By Heather Deadmond

8 Evaluate your habits.
Sit down and really evaluate why you're compelled to spend money. Make a list of the essentials that you must buy, the "wants" that you don't necessarily need but make you happy, and what percentage of your money is thrown away because of impulse buying and untracked luxuries. Understanding yourself could lead to spending less and enjoying more.
(Taken from Top 8 Ways to Save Money in College, featured in the April 2018 issue)

7 Reward time spent productively.
What's life without enjoyment? It's unrealistic to expect yourself to be working and thinking 24/7, so reward the time that you do spend productively. This could be as simple as not allowing yourself to get coffee until you've finished whatever goal you've set for yourself for the day. For me, I allow myself one episode of my favorite TV show for every hour of reading my assigned

See **TOP 8** *page 15*

It's the Journey that Matters

By Emily Gelino-Bequette

Professional Artist. It still sounds weird to me, but that is what I am now. I don't remember ever thinking definitively that this is what I wanted to be. Although, I never really expected to be anything else, either. My journey to this point has been rocky and winding, sometimes uncertain, and occasionally downright terrifying. I've had people tell me that unless I worked for Disney to forget being an artist. I've had them say that it's too uncertain a career. "Starving artist" was a common phrase, said sometimes jokingly, sometimes not.

I've been drawing since I was old enough to hold a pencil. As a home school student, I took art classes when I could find them and practiced on my own

See **JOURNEY** *page 3*

Emily Gelino-Bequette

Upcoming events:

April 14-25: Hug a therapy dog. Student Services lobby 9-1

April 29-May 3: Book Buyback event in Campus Cache. 9-6 PM Monday-Thursday, 9-4 on Friday.

April 30: Director's Walk Journey event. 12:00-12:500, meet outside Director's office.

May 02: Director's Walk Journey event. 12:00-12:500, meet outside Director's office.

May 03: Lecture by Filipe Masetti, author of Long Ride Home. Glenn Massay Theater, 7:00 PM. Free.

May 09: Spring grades available in UAOnline.

May 10: Graduation ceremony, Glenn Massay Theater.

May 15-16: UAF advisor on campus. Call 745-9762 to schedule an appointment.

May 20: Beginning of 10-week, 12-week, and first 5-week summer classes.

May 31 - June 01: Machetanz Art Festival.

June 27: Beginning of second 5-week summer classes.

August 26: First day of fall semester.

Club meeting times:

Alaska Native Cultures Club: Mondays, 11:50 AM-12:50 PM. FSM 201.
Mat-Su Monitor: Wednesdays 3:15 - 4:15, Library room 214.

INDEX

Student Government	2
From the Students	3-4
Journey Events	5
Club Events	5
Student Resources	6
Student Opportunities	7
Machetanz Festival	8
Graduate List	9
Art Gallery	10-11
Arts & Entertainment	12-13
Ask Sophia	14

Student Government Spring 2019.

By Secretary/Treasurer Ryan McCrossin.

Student Government is an important asset to any college. Mat-Su College is no different, as your executive officers and senators have been hard at work making Mat-Su better! Here's an update of what we've been up to this semester!

January: Began working on Spring Social for February 22, 2019. Planning to have food, Italian sodas, Liquid Blue performing, open mic, etc.

Delivered second microwave to Cafe on request of students.

February: Passed a Resolution on behalf of MSC Recyclers Community Club to request the Cafe stop using Styrofoam and use more green alternatives in the future.

Held the Spring Social. Turnout was great!

Funded $2,000 for Student Showcase and $1,700 for Graduation gowns and pictures.

March: Finished working on revision of Constitution for MSC Student Government. President Brittany Harvey, Senator Michael Kaylor, and I traveled to Juneau to advocate against the UA budget cuts (you can read more about it in this issue of the *Monitor*!)

Elections are being planned out for next year's Student Government President and Vice President.

April: Spent $200 on Snacks for the Tutoring Services Room.

Spent $240 on two microwaves for the Cafe after the two in there previously broke.

Planning Committee is discussing Student Appreciation BBQ and Pizza Day for this semester.

Voted on fee proposal to change fees student pay from percentage to dollar amount.

Does this sound interesting? Would you want to be a part of how Student Government operates? Stay tuned; senator applications for the 2019-2020 school year open in August!

Thank you this year to:

President Brittany Harvey
Vice President Nigel West
Secretary/Treasurer Ryan McCrossin
Senator Andrea Bowen
Senator Michael Kaylor
Senator Angeli Kristovich
Senator Raina Lewis
Senator Shane O'Quinn
Senator Sam Ouellette
Club Representative Rachelle LaRue
Craig Ballain, Faculty Advisor
Jo Didiano, Staff Advisor

Juneau *continued from page 1*

UA, the budget as a whole, their goals and reasons for joining the legislature, etc., they seemed more human--to me at least.

After the two days of conferences, the meetings with the Alaska State Government began. Meetings were scheduled on the Monday and Tuesday of the trip. In addition, we held a brief rally outside of the Capitol building (which was only about two blocks from the hotel, so that was a massive plus). Hearing the stories from all of the students from all of the campuses created quite a collective. Non-traditional students, people who moved here from out-of-state and even internationally, students who stayed because they love the state so much and want to give back--it was all broadcast over a microphone and speaker on the front steps.

There was not much negative buzz from the students about their meetings that I heard; from what I gather, the general consensus from Juneau was that "nobody was against education." Of course, it would be political suicide to say this outright, but the moods surrounding the budget cuts range from "Why are we not fully funding UA?" to "Why haven't we been given other options so that we don't cut UA by this much?". Even then, the 41% cut to UA and the 17% cut to education across the board is not something that is looked fondly upon by most legislators. The main argument about raising it is Governor Dunleavy's "red pen," as stated by multiple legislators. Even if something goes up to him, Dunleavy's ability to line item veto basically allows him to do this: ~~$300,000,000~~ $220,347,000

In order to get what they want, 11 out of 20 Senators and 21 out of 40 representatives need to agree to send something up to Dunleavy. In order to reverse Dunleavy's vetoes if something should arise, it would take 45 out of 60 total legislators to override it. Legislators need to compromise if they want to get this budget passed, but they also need ideas—specifically, your ideas.

Legislators want you to call and write to them. They want to know what you want. As elected officials, their jobs are to make Alaska a better place, but better is subjective; Juneau is a whole lot different than the Mat-Su Valley. I conclude this report by encouraging you to advocate not just for UA, but for changes you personally want to see in your district. Who knows, maybe you could even fly down to Juneau and ask them yourself? Anything is possible, but not without putting your foot forward to start it.

To follow through on Ryan's suggestion to contact your legislators, you first need to get their contact information. The easiest way to do that is go to http://akleg.gov/index.php and use the "Who represents me" search at the bottom of the page. Just provide your address and you'll be given a list of your legislators, along with their contact information.

MAT-SU MONITOR

STAFF

Editors
Jewel Burgstahler
Sam Ouellette

Feature Writers
Mesa Burgstahler
Heather Deadmond
Jason Dunham
Miles Gibson
Rachelle LaRue
Ryan McCrossin
Shane O'Quinn
Michelle Sharpe

Contributing Writers
Gig Grant
Emily Gelino-Bequette
Adelina Rodríguez
Brittney Willeford

Photographers
Shira Crowell
Helen Sale

Layout Artist / Staff Advisor
Audrey Badger

Faculty Advisor
Micah Muer

The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml*

The *Mat-Su Monitor* is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed in the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

The 2018-2019 *Mat-Su Monitor* crew got lots of help from family and friends. In addition, many helpful people on campus and in the community lightened our load. Here is an incomplete list, in no particular order, of people we'd like to thank:

- Zach Albert and Maggie Boman for handling our finances
- Mat-Su College Student Government Council for its support
- Shira Crowell for doing our room reservations
- Valley Burgstahler for editing assistance and creative inspiration
- Pete Praetorius, former *Monitor* advisor, for his advice, encouragement, and for promoting the paper to his students
- Teri Jeffress and Paul Younack for proofreading (all faults are still ours!)
- Petra Albecker and Ryan Sleight at the *Frontiersman* for their kind patience
- Library Director Craig Ballain for allowing his employees to serve as advisors to the paper
- Scott Taylor for managing our web presence
- Our advertisers and respective contact people
- Sandy Gravley and Cassi Campbell at Mat-Su College
- Joyce Moropolous and Juanita Munday at Heartreach
- Shawn Osborne at MTA
- Jill Marshall at Merlino Media Group, for Planned Parenthood
- All the students who submitted "Ask Sophia" or "Reader Involvement" items
- Our friends in the community that allow us to distribute the *Monitor* on their premises

Journey *continued from page 1*

when I couldn't. I had won prizes at the State fair and my mom naturally (and to my endless embarrassment) bragged constantly about my work. (Teenage me did not understand how much she was doing for my future. Thanks mom!) By graduation it seemed perfectly natural that

I CREATE MY REALITY

I enter the local Mat-Su College high school portfolio contest. In 2009, the 1st prize was a year of tuition. To my amazement, I won it. And so began my studies as a college art student. Over the next two years I would contribute both the Arctic Dragon logo and a sculpture of the college mascot, serve on two 1% for Art committees, and help put on several college dances. Each of these things taught me invaluable lessons on project management, and are experiences I highly recommend.

Just before moving on to the Anchorage campus for my Bachelor's with a major in painting, I entered the Mat-Su College Student Showcase

BEAUTIFUL IMPERFECTIONS

and earned a 3 credit waiver. I used this to take a class with my favorite art instructor for no other reason than I thought it would be fun. It was beginning ceramics. Here my educational career took a sharp left turn.

John Barton, with his usual sage manner, convinced me that while I was a good painter, ceramic sculpture was where my real potential was. I took his words to heart and changed my major. And I loved it! It was a tough medium, and it required more work than I could have ever imagined, but I felt at home. At UAA I got to build life size sculptures, experiment with unusual materials, and spend many late evenings with fantastic ceramics students sharing ideas and having crazy conversations. I was quite ready to build a thesis show and eventually graduate with a Bachelor's in fine art.

Here I learned that sometimes your best is not enough. It was a hard thing to accept, but I simply wasn't cut out for the program, at least not then. Instead, I graduated with my Bachelor of Art degree in 2016, which officially ended my time as a student drowning in term papers and huge art projects. My time as a student worker at the Mat-Su College Library also came to an end after 6 long and wonderful years. The upside of graduating earlier than expected was that I had not only kept myself out of col-

WOODLAND REPOSE

lege debt by working and nabbing all the scholarships, grants, and tuition waivers I could, but I also had a tiny nest egg with which to build my own studio. (To those of you just starting out, know that it can be done!) Now I faced the yawning void of adulthood. I had a Bachelor's degree and endless opportunities stretching out in front of me. Turns out, too much freedom is its own sort of cage.

2017 was the year of the "real" job. Following predictions of the naysayers, my day job had nothing to do with the art field. But it paid the bills. That, of course, was the trap. I tried to find a balance between working full time and making art on the side. Art was losing the battle and my creative soul was dying a little more every day I spent stuck behind a desk working for someone else. So, I quit and spent 6 months building my own art business, Guilded Dragonfly Studio & Artistry, making mostly gemstone jewelry (yet another sharp

WHAT'S NEXT?
CONSIDER A CAREER AT MEA

- Great job opportunities and employee benefits
- Internships and full-time positions available

MEA is an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.

For job openings and available internships visit:
www.mea.coop

MEA
MATANUSKA ELECTRIC ASSOCIATION

turn from what I had imagined). It turns out that winter in Alaska was not the best time to do this. I learned quickly that art sales have seasons, too. I decided then that eating ramen for breakfast qualified me as a "starving artist." But I didn't quit. For that I owe the many good people in my life who wouldn't let me give up what I had worked so hard for.

In the two years since then, I've learned that being an artist means much more than just creating. I'm the creator, saleswoman, bookkeeper, promoter, critic, and slave labor all at the same time. I am a business woman. I'm now a teacher, too. My first class will be on making gemstone beaded tree of life ornaments at this year's Machetanz Festival, for which

TREE OF LIFE

I am very excited! I'm not quite a full-time artist, but now my day job working as a test proctor at the Mat-Su College LRC is just to support my business, not the other way around. For now, my goals include building a studio where I can fire ceramics for the first time since my undergrad days and landing solo shows. Given how frequently life changes, this might change too. Despite everything it took to get here, I'm happy to be where I am. I'm even more excited to see where I might go from here. Be-

ing a professional artist isn't an end goal, it's just a milepost.

Ten years ago, I was a high school senior, looking towards college. Those ten years flew by. For those of you who still have the road ahead of you, here are some final words of advice that I hope you find useful:

Learn from every experience, good or bad.

Cherish the good people along your path. Make time to spend with them

Try not to compare yourself to others, only with where/who you were yesterday.

Speak kindly to yourself.

Not every opportunity is an opportunity. Learn to say no!

And lastly, remember that regardless of where you might be going, it's the journey that matters.

The L.A. Library Fire

By Gig Grant

On April 29, 1986, a few minutes before 11 a.m., an alarm sounded in the Los Angeles Public Library. The library telephone operator called the fire department and reported that the fire alarm went off. The 400 patrons and staff exited the building in just eight minutes. The first fire engine company on the scene reported to the chief that there was "nothing showing." Minutes later smoke was reported oozing from the east end of the roof. At the same time, the firefighters inside the building reported sharp flames shooting upwards. Suddenly the temperature reached 451 degrees. The books began smoldering. Their covers burst like popcorn. As the temperature reached 900 degrees, the concrete began a spider web of hot cracks, shooting concrete in every direction. The steel shelves brightened, nearly molten, glowing cherry red.

By 11:30 a.m. the battalion chief, Donald Cates, called for an additional eight command officers and 22 fire companies in full gear. The fire proved too much even with the additional firefighters. Cates called for more help. Within an hour, the force grew to include 60 fire companies, nine ambulances, three helicopters, two emergency air units, 350 firefighters, and one arson unit. In total, this included more than half of the L.A. fire department's resources. Meanwhile, temperatures reached 2,000 degrees. As the temperatures continued to rise, reaching 2,500 degrees, the firefighters began to worry about a flashover, which is when everything in a closed space becomes so hot that it reaches the point of spontaneous ignition.

The main body of the fire moved on, traveling 300 feet along the second floor of the library. The fire crews continued to attack the fire, taking 15-minute turns on the hose lines. Finally, after over five hours, the flames slowed, yielding to the massive amounts of water poured on the flames, cooling the air. The flames withered out. Now just crumbles, ash, powder, and charred pages were heaped a foot deep. In the end it had taken 1,400 oxygen bottles, 13,440 square feet of salvage cover, two acres of plastic sheeting, 90 bales of sawdust, more than three million gallons of water, and the majority of the Los Angeles fire department. Finally, at six thirty p.m., the fire was extinguished. It had raged for seven hours and 38 minutes.

This fire destroyed 400 thousand books and damaged 700 thousand more. The fire reached temperatures of 2,500 degrees and burned for seven hours. This inferno was one of the biggest fires in the history of L.A., and it was one of the biggest library fires in the history of the United States.

Each year in the United States there are about 200 library fires, as well as countless more in libraries around the world. In 1988, one of the largest library fires in the world happened at the Academy of Sciences Library in Leningrad. This library's collection began in 1714.

Things were always coming and going out of the Los Angeles library, so it was impossible to know what it contained on any given day. By 1986, Central Library's contents were valued for insurance purposes at about $69 million. This included over two million books, manuscripts, maps, magazines, newspapers, and a one-of-a-kind 1635 Coverdale Bible. All of the Shakespeare books, all of the unbound manuscripts in the Science Department, and the largest collection of books on food and cooking in the U.S. were destroyed by the fire. These are just a few of the materials that were lost in the fire.

On a personal note, this reporter learned how to read at a college level four years ago. Since this time, my whole life changed. In the past four years, I have read every day. I now have read hundreds of books and have written tens of thousands of words, and then it happened; that very special book that comes along only once in a great while, came along. I had heard about this book on public radio. The first place I looked for this book was the library. The loan department found me a copy in Skagway and put a hold on the *The Library Book* by Susan Orlean. This book was a page burner. I could not put it down. It has changed the way I perceive libraries today. In the past, I have called the library and received help with spelling words, doing research for a number of papers, citing APA, interlibrary loans, and placing holds on a number of things.

Did you know that according the latest study, over three million Americans used one of the country's 17,000 public libraries in the course of a year? How about this: did you know that libraries outnumber bookstores two to one? Public libraries outnumber McDonald's. Would you like to know how NASA figured out how to dry and restore 700,000 books? Easy--read "the book."

If I were to sum up what librarians do best, it would sound like this: "helping people." This is what the men and women of this profession do every day. They are helpers, and if you don't believe it, put down your phone, shut off Google, and step into the nearest library.

Now, more than ever, libraries hold a special place in my heart and in my grandson's heart.

Some of the sources used in writing this article were taken from *The Library Book* by Susan Orlean.

YOUR STORY COULD BE HERE!

Write an interesting paper for a class? Experience something on campus that you want to share with others? Have a strong opinion about an issue? Just want to share a poem or short story? Now any student can submit content through the Monitor's webpage! Just Search "Monitor" on the college website to find it.

Advertisers sought!

The Mat-Su Monitor is the student newspaper of Matanuska-Susitna College.

With a circulation of about 7,000, an educated readership, and affordable rates, it is the perfect place to advertise your business, cause, or event.

For details, call 745-9740 or email mwmuer@alaska.edu.

Feminine Mystique

By Brittney Willeford

The Feminine Mystique is a book of the past of the women in this world. When this book was written fifty years ago it was an eye opener to all of the women in the world. For the book is about the troubles, tribulations, and struggles that women went through to where they are today. Women have over gone so many things by the hands of men. For men thought to put them in their place which was below them for so long until women started to fight back. Women wanted to be independent to where they could have jobs and still have a family and not have to be house wives. However, there were some women not so lucky where they had to get married and become baby making machines for their husbands because they wanted big families and just wanted their wife to take care of the kids while the men were the bread winners.

In the time of the pioneers the women were equal to men they helped, and women were completely respected and sot out for help because women would help anyone who asked. The women helped build towns and took care of the household too. However, when women in a way were not needed any more, they were put in the place of just house wives. Women were put down, they were told that they were no longer needed to help the men. They needed to just take care of kids and keep the house clean. For now, women were just supposed to be house wives. When a woman was of age, she would get married. In the time it was a young woman around the ages of say fourteen and sixteen when first getting married and starting to build a family. These young women would have kids and start to feel this feeling that was like an empty space or void like they were missing something. The book called it the feeling that has no name.

Women began to go down hill from the years of the pioneers, the birth rates went up because all women were doing was having kid after kid after kid. For the feeling that has no name they thought be having more children that it would be filled by the kids. However, the feeling seemed to remain. If women could not get married, they got jobs and that was helpful for them but just having a job also lead women to still have the feeling that had no name. What women did not know that was they needed to have both a family and a job to avoid getting or feeling the feeling that has no name. Although, women did not know how to have both because it had never really been done before because the men were the bread winners and the women took care of the house hold. When women tried to do both it was very difficult because their husbands would want them home with the kids instead of working because if they were not home the house got messy and there was no dinner on the table when they got home from work themselves.

Women were able to have both a family and job over time. Plus, they fought for the ability to vote and won in the end. When this happened the feminist, movement began. Feminism to women is wanting to be equal to men, where women get paid as much for the same work, jobs that only all men have because women know just as much as they do, but above all the ability to care for themselves without anyone helping them especially from a man. For because men put women in their place if a woman was a true feminist, they thought that she should not ever get married. Women want both family and a job not just one or the other.

Women can have both it just takes time and work at it. However, the Feminine Mystique is a show of a role that women will really only have one or the other. But women will suffer to just have one of the two. For the feeling that has no name in the end of the book the reader realizes that its real name is called the Feminine Mystique.

Editor's note: This was written as part of a service learning assignment in Professor Gette's Introduction to Women's and Gender Studies class. We are printing it exactly as it was submitted.

BEADING EVENT

On March 5th, 2019, the Alaska Native Cultures Club held a beading event in the cafeteria of the Mat-Su College. The event, headed by June Pardue, provided a great crash course on beading. This time, the focus of the night was beading bracelets. However, some may have come for the beading lessons and stayed for the company. There were many different types of food and snacks provided for anyone who happened upon the cafeteria. These included, but were not limited to, smoked salmon dip, fry bread, and the classic Pilot Bread. These gatherings make for a great learning experience, and the company is always good. If you'd like to attend future events, please keep your eyes peeled and watch the Mat-Su College event calendar. Alternatively, ask a student government officer to refer you to either Mrs. Pardue or another ANCC member. You can also view June Pardue's work on Facebook, and contact her through Facebook as well.

Photo taken from June Pardue's Facebook page.

TAKE THE JOURNEY

Sophia, the Mat-Su College Arctic Dragon, is dedicated to the well-being of Mat-Su College students, staff, and faculty. In this passport, you will find a number of Dragon-approved events and activities specifically designed to help you cope with stress, rise to challenges, and take good care of yourself along the way. If you are preparing for a health-related career, many of these events will round out your academic preparation for working with clients or patients in the future.

Mat-Su College Journey activities and behavioral care services for students are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

Check the Journey website weekly for full activity descriptions and updates. All events are free.

It's easy to win: attend events, collect stamps, and then drop by the Student Services Office with your passport after reaching each level for your next prize!

Limit one Passport per person.

Remember, when you attend a Dragon-approved event, make sure you get your passport stamped. Passports will not be stamped retroactively: You must collect your stamp at the event.

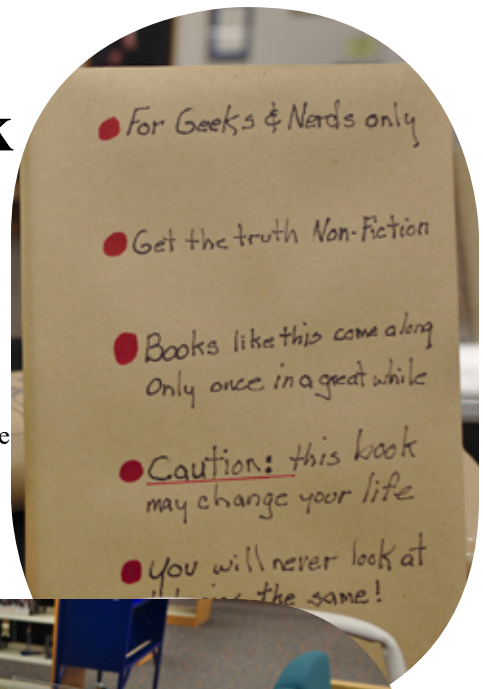
Bring your Passport to FSM 101/102 when you have collected:

3-stamps: A choice of Frisbee, pedometer, or USB charger(while supplies last)
5 stamps: Get a $10 MSC J & J Café gift card
6 stamps: Get a $20 MSC Bookstore Gift Card
7-10 stamps: Enter a drawing to win Journey spirit-wear or a $50 Campus Cache gift card.

Library Celebrates National Library Week

The Mat-Su College Library and its users celebrated two big libraryish events this April: National Poetry Month and National Library Week.

To commemorate National Library Week, students created a "Blind Date With a Book" display. This entailed students selecting a favorite book, wrapping it up to hide its identity, and then decorating it with art and bullet-points meant to entice other students into checking it out. During the week at least 27 books were decorated. Books will be on display for a while.


For Geeks & Nerds only
Get the truth Non-Fiction
Books like this come along only once in a great while
Caution: this book may change your life
You will never look at

Students celebrated National Poetry Month by decorating a "PoeTree" with slips of paper leaves inscribed with their favorite poems, or parts of their favorite poems. Students' taste in ranged from pop songs (Queen and Tyler, the Creator) to Shakespeare sonnets and Bible verses.

Taking a R.A.D. class at Mat-Su

By Mesa Burgstahler

I have not been able to take part in very many Journey programs this semester, but I did somehow have the time and dedication to sign up for the RAD training offered for women. Being 2/3 the way though with the training, I can say that so far I have both thoroughly enjoyed it and found it to be extremely helpful. Here are a few things that you should know:

RAD (Rape Aggression Defense) is a training designed specifically for women by focusing on their biological strengths.

Once you take the course you can return for free whenever the training is held in the future in order to brush up your skills.

It's really fun! Turns out I like beating the crap out of mannequins...

R.A.D. RAPE AGGRESSION DEFENSE SYSTEMS

The RAD System is a program of realistic self-defense tactics and techniques for women that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training.

Fall 2019 Writing 111 themes

Many sections of the standard freshman composition classes (Writing 111) have themes that students will focus on in their writing over the course of the semester. For students who are debating between Writing 111 sections, we provide the following handy chart, courtesy of an English department flyer we found:

Section number	Instructor	Day and time	Theme
P31	TBA	MW, 9:00-10:15 AM	Food in society
P35	TBA	MW, 4:00-5:15 PM	Food in society
P33	Denison	MW, 1:00-2:15 PM	Technology
P38	Denison	TR, 1:00-2:15 PM	Technology
P36	Fox	TR, 9:00-10:15 AM	Society and culture
P37	Sagal	TR, 10:30-11:45 AM	Justice
P39	Sagal	TR, 2:30-3:45 PM	Justice
P3A	Kendrick	TR, 4:00-5:15 PM	Humans and environment
P3B	Elliott	R, 7:00-9:45 PM	Mat-Su area social and economic issues
P32	Hornung	MW, 10:30-11:45 PM	No theme
P34	Hornung	MW, 1:00-2:15 PM	No theme

tutor.com

By Art Corvelay

It's 12:41 AM. Empty energy drink cans and candy bar wrappers litter your desk. You've just finished the last sentence of the last paragraph of your big paper – the one due at 9:00 AM. You hoped to get one of the college's Learning Resource Center's English tutors to read over it, but now it's too late. You're SOL.

Or maybe not.

Turns out all Alaska residents are eligible for live homework help through an online service called Tutor.com. These tutors can help with subjects ranging from Calculus to World History and near-about anything in-between.

Using Tutor.com's services couldn't be easier. Just go to www.tutor.com/alaska, pick a subject, and then click "Connect Now." Within moments you will be able to chat with a real tutor; you can even share files for them to review or draw on a virtual whiteboard.

Still not convinced? Here's a few more selling points. Tutors are available *every day of the* week from noon to 2 AM (goodbye, pants). The website actually works well. Tutoring is available to students from kindergarten to college. (Now somebody else can help your kids with their homework.) It's entirely free.

Convinced now? Good. Just don't forget about the college's Learning Resource Center; its tutors aren't available until 2 AM, but they're nice people all the same.

Digital Spring Cleaning is Easiest When You Have Nothing to Clean

By Micah Muer

Career Counselor Holbrook's article ("Spring Cleaning Your Social Media Presence") is a great reminder that our "digital footprints" -- the record of what we do and say online -- can be large and long-lasting. In many cases it is impossible to erase our past online activity. Many sites don't provide a "delete account" option, and even when they do, our content may have already been stored forever by search engines and sites like archive.org.

Instead of trying to scrub away your digital footprint, then, it is better to not make one in the first place. Here are some tips and tools to avoid sharing too much about yourself.

bugmenot.com: Have you ever created an account for a website you used only once? Stop doing that. Every time you sign up for a new site you are taking a risk. Some risks are small: giving personal information to unscrupulous website operators. Some risks are great: having your email address and password made public when a site is hacked (see https://haveibeenpwned.com). One way to avoid signing up for websites altogether is to use bugmenot.com. bugmenot.com is a database of throw-away logins for thousands of websites.

mailinator.com: if the website you need to use has no pre-made login on bugmenot, go ahead and create an account. If this is a site you don't care about, don't use your real email address. Instead, use a mailinator.com address. Mailinator.com provides throw-away email addresses that require no registration. The way this works is simple. When a site wants your address, enter one in the form of anythinghere@mailinator.com. You can check that inbox by visiting mailinator and entering the address. This is very handy for when you need to click a link in an email as part of the account creation process.

justdelete.me: It's a good idea to delete any online accounts you don't use. Most reputable sites allow you to delete your account, usually through a link in the settings or profile section. If you can't find the link, or if it want to know how easy it will be to eventually delete an account, visit justdelete.me (which currently redirects to http://backgroundchecks.org/justdeleteme/). This site provides instructions for deleting accounts on hundreds of sites. It also ranks each site on how easy it makes it to delete your account.

Spring cleaning your social media presence

By K.B. Holbrook

Spring time is here and that means it's time again for hunting for summer jobs or for looking for a full-time job if you are going to be graduating in May. As you are doing your research on potential future employers, don't forget that they may be doing research on you. According to a 2016 careerbuilder.com study, 60% of employers use social media to research job candidates and 59% research potential employees with a search engine. So now that you know future employers are going to be Facebook stalking you, what are you going to do about it?

How I see things, there are two routes to protecting your online image, either clean up your social media to where you would be happy with anyone seeing it, or make it extremely private so no one can see it. I personally go for a combination. The first option is the easiest. Delete everything you don't want a future employer to see so there's nothing to see. Remember that you can't delete photos that you have been tagged in, but you could untag yourself. That photo of you shotgunning a beer may have seemed cool when you did it back in 2015, but today is probably not want to you want to advertise to the world. Most important, make sure you are happy with your profile picture as these are often viewable even when your accounts are private.

If you don't want to sort through your whole social media history, adjusting you privacy settings is another option. This should include all social media platforms: Facebook, Twitter, Instagram, tumbler and whatever other newfangled social media apps kids are using these days. Adjust your privacy settings accordingly. If you don't want employers seeing what you post, make it private, I recommend friends only. Be careful with "friends of friends", Alaska is a small state and if you have a buddy that works at the company, that option may not secure anything. Even if you have adjusted your privacy settings before, double check; Facebook especially is notorious for constantly changing their privacy settings options.

Microsoft Office, for Free

By Art Corvelay

As a student affiliated with a UAA campus, you have free access to Microsoft's Office 365 website.

Office 365 offers browser-based versions of some the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to "the cloud" and by allowing multiple users to simultaneously edit the same document.

Better still, Office 365 users have the option to install the full 2016 versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the "Install Now" button.

You can access Office 365 by visiting https://portal.office.com and signing in with your UA username followed by @alaska.edu.

Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (https://www.libreoffice.org/).

How to Jump-Start your Career Change

By Adelina Rodríguez

A career change is not an isolated event for individuals going through a mid-life crisis. It can happen to anyone at any time; for example, a recent college graduate, a stay at home parent, an individual who started working straight out of high school, or someone who is experiencing a job loss. For anyone taking the first step, it can be overwhelming, especially when you are not connected to a support system or resources that can guide you through the process. So, where should you start? Start by *identifying the free resources* in your local college and community to help you with the transition.

Mat-Su College provides career advising and resources to assist with a career change. The career development advisor is set up to help with research or can administer a career assessment to identify career alternatives based on interests, skills, and preferred activities. A career change can simply stem from a current career not satisfying one's interests. Therefore, identifying your interest is critical in the process for jump-starting a career change. There are free online resources or you can schedule to meet with a career advisor to guide you through the process.

A career change may entail developing new skills or require you to complete a certificate or degree to bridge you into your new career. Mat-Su College provides a supportive environment for all students who are transitioning and are returning or starting college for the first time. First-time, non-traditional, college student Angeli Kristovich thought college was only for students who had just graduated from high school. Connecting with the supportive staff and instructors made the transition easier and less intimidating. "I didn't know that entering college in my 30's would be so easy. I feel very lucky to be able to switch careers this late in the game. I'm learning a lot and having so much fun!" states Kristovich. She learned about Mat-Su College at the State Fair in September and was enrolled in classes by November.

Utilizing the career services at Mat-Su College is not restricted to only current students. In order to jump-start your career change, use the free resources available to you, including your college campus. Mat-Su College is here to serve the community and to meet you where you are in your career transition. Whether it is with career research, taking a career assessment, or revising your résumé, we are here to serve you.

Contact Mat-Su College Student Services at 907-746-9746 to schedule an appointment for a career assessment or to learn about the educational opportunities.

DON'T GO IT ALONE!

You're not alone on this journey! If you feel like you're losing your way, there are places to go to help you get back on track:

Counseling Services

Mat-Su College students may receive up to five free counseling appointments with an experienced behavioral health clinician. To make an appointment, call Mat-Su Health Services at 907-376-2411 and identify yourself as a Mat-Su College student. You may meet with the clinician on campus or at Mat-Su Health Services.

Campus Resources

All faculty and staff are available to assist you in achieving your educational goals. Just ask for help!

Mat-Su Valley Resources

Pick up a United Way of Mat-Su Guide to Valley Resources at Journey Awareness events or visit the United Way website for a complete listing of organizations and agencies.

What's Next Graduate?
Need assistance with your job research, resume or interested in a mock interview?
Contact Student Services at 907.745.9746
Mat-Su College
University of Alaska Anchorage

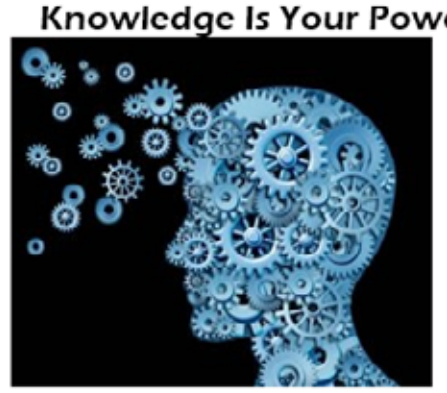
2018 Student Showcase

Recognizing Academic Excellence

Students, Faculty, Administrators, and Guests:

Please join us in supporting our Mat-Su student presenters as they share their academic papers, technological projects, and artwork.

Friday, April 19 JKB 124
12:30-3:50



- **Willie Copeland, "Free Public College Is Not Free"**
- **Ana Jasper, "Stanley Milgram's Obedience Experiments"**
- **Elisa Leuenberger, "Should College Tuition Be Free?"**
- **Sven Lindquist, "I Hate Schools"**
- **John Losier, "Symbols And Nonconscious Priming"**
- **Audrey Madsen, "Persuasive Essay"**
- **Aase Morin, "A Policy Proposal That Will Reduce The Number Of Children In State Custody"**
- **Kris Mulkey, "Bipolar Disorder And The Effects Of Childhood Trauma"**
- **Raul Reutov, "Player VS. Calculus—Save Yourself!"**
- **Jody Rossing, "Sexual Abuse In The Roman Catholic Church"**
- **Juliana Smit, "Service Learning Project"**

MAT-SU COLLEGE PRESENTS:

MACHETANZ ART FESTIVAL

Featuring workshops in:
Digital Photography
Drawing
Glass Work
Mixed Media
Painting
Music
Quilting
Wood Work
and MORE!

MAY 31 - JUNE 1

REGISTRATION REQUIRED AT:
registermsc.asapconnected.com/

Mat-Su College
University of Alaska Anchorage

Mat-Su College
University of Alaska Anchorage

Congratulations to our 2019 graduates!

This list is current as of April 12, 2019.
∗ indicates graduation with honors.

ASSOCIATE OF APPLIED SCIENCE

Accounting

Heather Ash
Lyndzy Christianson
Alexandrea Doty
Kenneth Hoffman∗
Vallary Mongar
Laurel Seals
Kirstie Starr-Watson∗

Accounting and General Business

Samantha Rose
Adam Beaver∗

Computer Information Office Systems

Tracy Hill
Dawn Jones

Computer Systems Technology

Misty Caulkins∗
Gerardo Day
Randy Gilliam
John McIntosh II
Nathan Mitchell∗
Ryan Raben

General Business

Nathaniel Ayuluk
Kaitlyn Corneliussen
Cody Herron Webb∗
Richard Martin
Aaron Mason
Andrew Natekin
Nikia Pepper∗
Alexis Peterson∗
Caitlin Remmer

Human Services

Eldridge Bradley
Megan Decker∗
Charlotte Fox
Jacqueline Libby∗
Autumn Merrill∗
Danya Nicketa
Rose Stecher

Paramedical Technology

Cole Abarr
Joseph Starbuck
Robert Wensel∗

Refrigeration and Heating Technology

Jacob Comeau
Christian Elsholz
Gunnar Ihde∗
Alan Kennedy
Brett Nye

Small Business Administration

Sarah Dunston
Tyler Hall

ASSOCIATE OF ARTS

General program

Daniel Ayers
Cynthia Baker∗
Tanner Barclay
Alexander Baughman
Amy Baxter∗
Susann Bergstrom∗
Izabella Block∗
Alyssa Bolog
Ekaterina Bondarenko∗
Heather Bowell
Anna Bradshaw∗
Makayla Branson
Matthew Busby-Smith∗
Aaliyah Caruso
Elijah Cook
Sabrina Coombs∗
Kayla Cornejo
Veronica Couch
Chloe Cummins
Breann Denton
Chrysta Dillard
Arriana Doty
Samuel Dunny
Avery Easley
Brennan Easley
Caleb England
Noelle Flodin∗
Yeimy Francisco
Mariah Fry
James Fuller
Gillian Galloway∗
Simon Ganchenko
Racheal Garcia
Jessica Gookin
Rory Hamel∗
David Harding∗
Rose Hendrickson∗
Alexis Hinther
Rees Howell
Trinity Humphreys
Brandon Hurst∗
Samantha Hutchinson
Brittany Johnson∗
Daryl Johnson
Trinity Johnson
Toni Jones
Kyndle Kirby
Kyle Kowalski
Michelle Kurtz∗
Miles Laughlin
Claudia Lindner∗
Emily Manthey∗
Mickenzie Maxwell
Benjamin Meeks∗
Leah Morgan-Carroll
Chantel Nelson
Kyra Nieto
Ethan O'Brien
Wendy Palin
David Pease
Kaila Phillips
Daniel Potter
Rhiana Reints∗
Sidney Richards
Autumn Richardson∗
Megan Rossing∗
Gerrit Schaafsma
Tyler Schweigert
Audrey Scruggs
Mikael Sherman
Eve Shipman∗
Mykel Siegrist∗
Forrest Sikes
Juliana Smit
Erin Studer
Delta Summitt
Christina Traeger∗
Serita Unin
Rebecca Vaughan
Joshua Weeks
Nigel West∗
Aiden White
Andrew White∗
Brittney Willeford

CERTIFICATES

Office Foundations

Casandra Gulsvig
Hayley Heafer
Ashley Huhndorf

Office Support

Casandra Gulsvig
Ramanda Stowers

Refrigeration and Heating Technology

Cordell Haynes
Cody Milner

Veterinary Assisting

Jessica Culver
Annika Friese
Hayley Graff
Mercedes Houlton
Stevie Malaski
Elizabeth Marsh
Rachael Vantrease

OTHER UA GRADUATES PARTICIPATING IN OUR CEREMONY

UAA Bachelor of Arts

Heather Deadmond

UAA Bachelor of Business Administration

Andrew Spencer

UAA Bachelor of Science

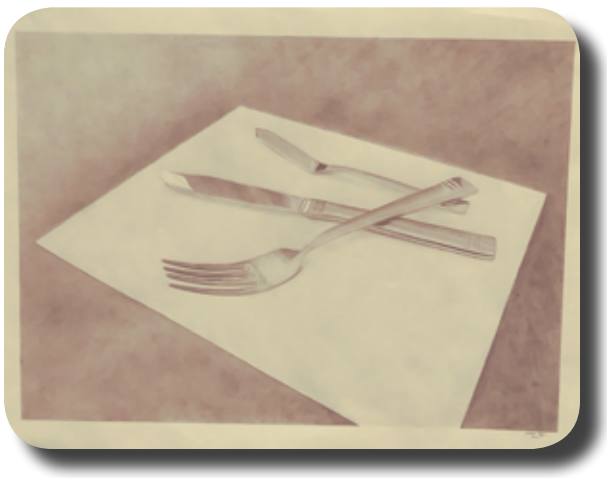
Renita Reedy-Smith
Shelbie Shoemake

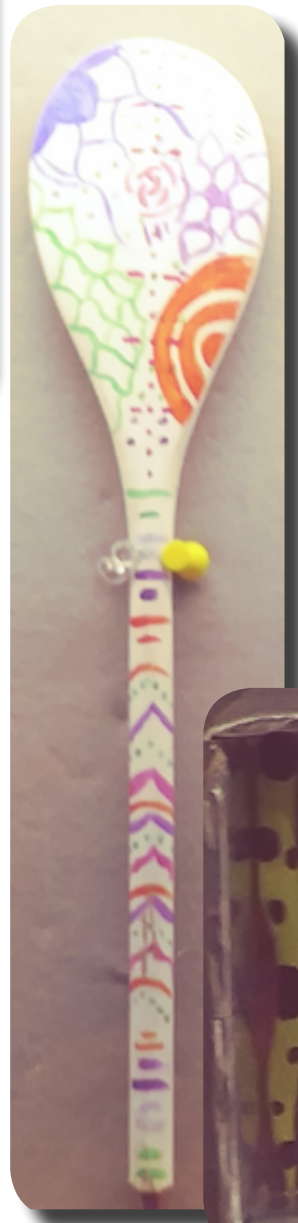
UAA Certificate

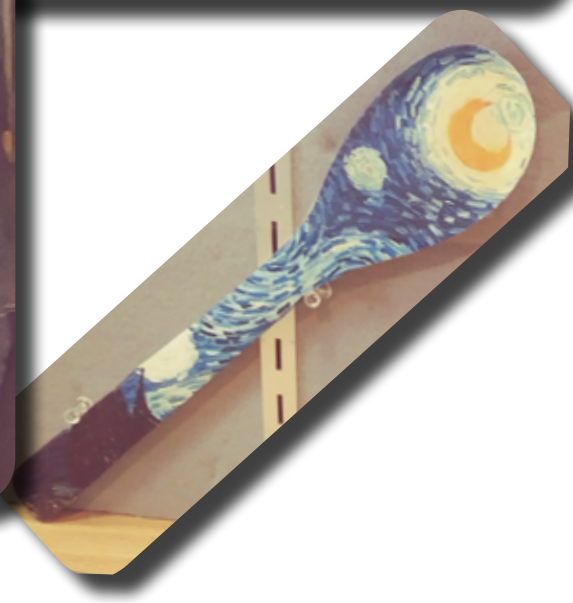
Kaylee Gifford

UAS Bachelor of Business Adminstration

Calla Christensen
Heather Ramirez-Nunn







Liquid Blue

By Shane O'Quinn & Rachelle LaRue

On February 22nd, 2019, a touring band called Liquid Blue came and played at the Glenn Massay. The band played a host of songs, ranging from AC/DC's "Thunderstruck" to newer releases like DNCE's "Cake By

The Ocean." Overall, they were well received and were able to tailor their playlist as the night progressed. Liquid Blue is also the "World's Most Travelled Band," according to the Republic of Record Holders, having been in over 500 cities and 100 countries. Apparently, the name "Liquid Blue" comes from the owner, Scott Stevens', environmentally friendly message; blue represents the Ocean according to Diana Ferrer (Vocalist). Originally, I had mistaken blue for being the color of their uniforms. However, they were wearing blue and white to represent the Mat-Su College. Rashad (Vocalist) commented that "we just wanted to match your guys' university colors." Every place they go, the colors of what they wear are tailored to match the venue. Because the band had such a broad playlist, we asked if there was a favorite. They unanimously responded that it was hard to pick one. However, one they almost always play is "Don't Stop Believin'" by Journey. This is mainly because "everyone knows the words" (Rashad). Overall, Liquid Blue's show made for a fun time to get together with some friends and listen to some classic tunes. They have a website at https://liquid-blue.com where you can read more about the band's history, members, discography, and upcoming shows.

PODCASTS

By Shane O'Quinn

Podcasts, as a medium of entertainment, have grown in use over the last few years. Some may consider it an addition to/alternative of radio and the benefits that may bring. I myself am an avid listener of podcasts of all sorts. I find they help pass the time when writing papers, road tripping, or even hiking. There are many apps and services you can use to tune into your favorite shows; my favorite app to use has been Stitcher, available on both IOS and Google Play Store. Here I will give my current top 3 podcasts that I either listened to, or listen to on a regular basis.

1). Mysterious Universe

Mysterious Universe is a podcast hosted by two Australians; their names are Benjamin Grundy and Aaron Wright. The objective of the show is to bring listeners some of the most interesting, crazy, and thought-provoking stories and theories to date. The two do so while maintaining a sense of humor and a level of "healthy skepticism." The two hosts usually pick certain topics that are compatible with each other. For example, in 21.08 (Season 21, episode 8) Aaron Wright brings the story of Russell Targ, co-founder of Stanford Research Institute, a man involved in the now declassified joint operations between the CIA and SRI involving "remote-viewing." Benjamin Grundy brings to the table his side of the podcast, which is a look at declassified CIA documents that study Soviet psychic weapons. While the premise may sound too far-fetched and silly, the hosts keep shownotes which link to the documents, interviews, and recordings they reference in the show. You can listen to the show almost anywhere podcasts are available, or you can visit their website at https://mysteriousuniverse.org/.

2). We're Alive

The audio show "We're Alive" is quite possibly one of the greatest apocalyptic theme shows of all time. The show ran from 2009 to 2014, with three seasons spanning 134 episodes. Without spoiling too much, the show starts with the story of three U.S. Army reservists in downtown L.A. who are called to respond to a strange and abrupt disaster that takes the city by storm. The show features incredible voice acting and sound effects. What sets the show apart from, say, an audiobook, is the unparalleled sound design. Most of the sounds were created in-studio. "We're Alive" achieves sound effects so well that rather than filling in all the blanks with your imagination, the show delivers what you would expect to hear if you were in the same situation. Some examples are boots hitting the asphalt of a narrow alleyway as if you were running for cover, the echoes created by conversation in an abandoned parking lot, or the sound of an alarm warning you of the helicopter's rotor engine failure as you brace for impact. Trying to describe the level of quality in words simply does not do the show justice. If you are interested in listening, visit https://www.werealive.com/. Alternatively, check applications like Stitcher or Apple Podcasts to tune in.

3). StarShipSofa

StarShipSofa (all one word) is a podcast formatted based on bringing listeners science-fiction short stories by both established and up-and-coming writers. The show is hosted by the charismatic Tony C. Smith. He lives in the northern U.K., where he produces the show, but also tends a garden where he grows all sorts of produce seemingly year round. He started podcasting because he was

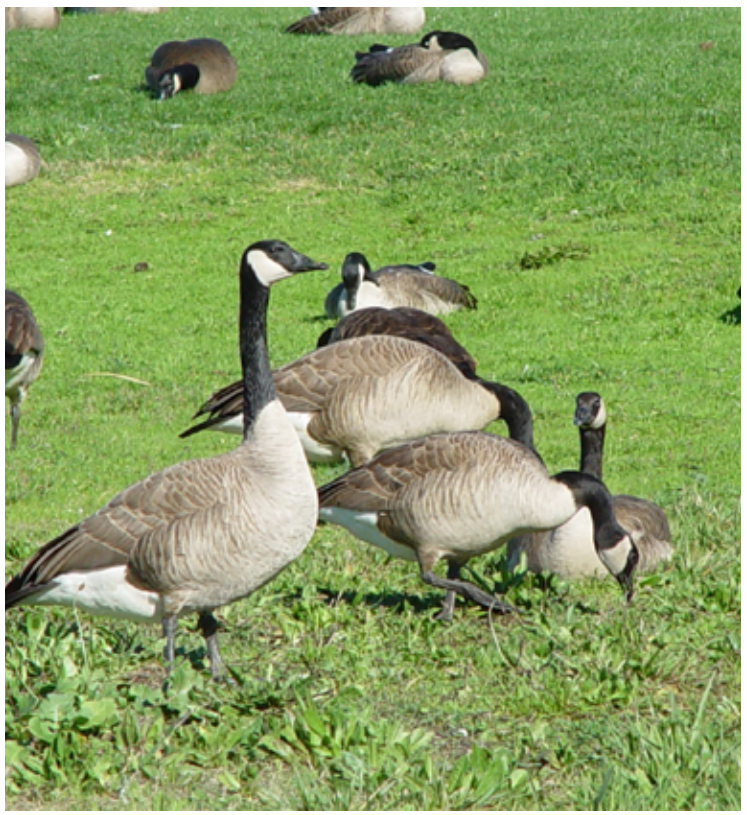
inspired by the show known as "Escape pod," which still continues today. StarShipSofa puts out 3-4 episodes every month. These feature strange and mind bending tales of time travelers, warring colonies on distant planets, independently thinking androids, and much, much more. Chances are, if you enjoy anything science fiction, StarShipSofa will have something for you. You can listen to StarShipSofa on the website or other services where podcasts are posted.

Conclusion:

That's a wrap on my top 3 favorite podcasts. Although I only listed three in this entry, there are many, many more great ones that cycle through my day. It would be hard to list them all. If any of the shows I mentioned pique your interest, I highly suggest you seek them out. If I've done my job, you may find yourself unable to stop listening.

Until next time,

Shane O'Quinn



Spring Geese

By Gig Grant

As the sun set on the horizon, in its fluorescent beauty of coral colors, the spring geese fly overhead by the hundreds, returning from their winter homes thousands of miles away, headed for their summer homes to nest in Alaska. What a wonder to see these birds flying on point and with such direction, knowing where they are going.

These birds started to circle overhead. The leader takes them into a spiral pattern toward a newly cleared area of grass from the spring break up. The others follow in formation and as the flock neared the ground, they formed a giant funnel. For that one moment they were in complete rhythm with each other.

The first bird starts its approach, wings up, tail down, feet drop, and with precision, like veteran pilots, these geese land one after the other. They land, starting in the middle of the field, spreading outwards. Within minutes, there were over 500 Canadians honkers on the ground, eating the tender new grass shoots. The sun is down now, the geese move closer to each other and the sounds become quieter.

I don't speak goose, but I'm sure they do. If I did speak goose, I imagine it would go something like this: "We covered over 150 miles today, good job birds," said the leader. "Now let's get some rest: we have a long day ahead of us tomorrow." I could hear the others chatting back and forth about their day, "I thought for sure we were going to hit that plane earlier" said one of the geese. "It's good to be back in Alaska," said the other.

Life is good as the sun sets on God's creatures, as they rest under the cover of darkness. God's magnificent wonders are everywhere: all I have to do is look.

Fantastic LGBT+ Musicians (coinciding with Pride Month this June)

By Ryan McCrossin

SOPHIE - *Oil of Every Person's Un-Insides* (2018) [Electronic]

This list is going to start out strong with SOPHIE--a name so good you gotta scream it. As the first trans woman to be nominated for a Grammy (who should have won, in my opinion, *cough cough*), her album is not something to be overlooked in the electronic scene. This album is easily one of my top 10 of 2018, and I am happy to have come back to it after my first listen.

Other than singles she has released, SOPHIE, apart from producing for Charli XCX a couple of times, is relatively new in her solo work. Her debut album is a fantastic introduction into her hopefully expansive future works. However, be warned: if you decide to put the album on from the beginning, heed my words. "No it ain't." Minor spoiler for this album--"It's Okay to Cry" is a red herring. The second song, "Ponyboy," is the audio equivalent of being beaten to death. But that's the best thing about this album. It's unexpected and off-kilter, and it's going to sincerely blow you away.

Arca - *Arca* (2017) [Electronic]

Alejandra Ghersi had her start in producing other popular artists' works, including Charli XCX, FKA Twigs, Kanye West, and most recently, Björk, on her album *Utopia*. On this album, Arca states that Björk was a direct factor for Alejandra adding her own vocals to her third album. Since coming out as non-binary (she/her pronouns), Arca has been revered as a LGBT icon in music.

A bonus to this album for Spanish-speaking students is that Arca's vocals are sung entirely in Spanish. Arca constructs beautiful pieces that choreograph themselves with her romantic vocals, abrasive, yet stated rhythms and chords, and the overall theme of love in the album. Definitely something to look at in June.

Coil - *Ape of Naples* (2005) [Post-Industrial]

Peter "Sleazy" Christopherson and Jhonn Balance are a staple in the electronic world with their experimental act Coil. *Ape of Naples* is the fourteenth and final album released by the band and was released after the unfortunate passing of Balance in 2004. Coil was also one of the first openly gay bands, not to mention that Christopherson and Balance were in a relationship together. Sleazy has stated in interviews that they had indeed been involved, and they did have a love for one another. The album was produced by Christopherson with workings from their last live album, *...And The Ambulance Died in Their Arms*, and material they had already recorded at the time from the previous eleven years.

Christopherson worked on the album, still mourning the passing of his partner, and stated that songs which he felt were not ready took on a whole new meaning. At its release, Sleazy said that he felt fulfilled, and felt that Balance would say the same. The album met critical acclaim. Christopherson passed away in 2010. Their influence on the music world and the world as a whole will not be forgotten.

Xiu Xiu - *Forget* (2017) [Experimental Rock]

In this house, we stan Xiu Xiu.

As the only static member of Xiu Xiu, Jamie Stewart has been very outspoken about his bisexuality. He has talked about it in his interviews, and it has bled into his work; it has been a running theme in the Xiu Xiu brand, if you will. Xiu Xiu has defined itself as writing songs about anything, sexuality not shying far away from the topics. Even his earlier works in IBOPA or Ten in the Swear Jar (XITSJ) included topics treaded by few.

Forget is an album that I would recommend people start with in terms of studio albums for the band. As much as I love *Knife Play*, *Angel Guts: Red Classroom*, or even *Fabulous Muscles*, *Forget* is Xiu Xiu's most "accessible" work in terms of not much fear is endured in listening to the album. "Jenny GoGo" I would say would be the most unsettling song on here audibly (lyrically I would say the closer "Faith, Torn Apart") but it sure as hell ain't no "Support Our Troops (OH!)." Definitely one to check out, and feel free to check out the rest of Xiu Xiu if you enjoy this.

R.E.M. - *Green* (1988) [Alternative Rock]

R.E.M. is one of the classic bands of the '80s that almost no one hates. I've not spoken to one person who has told me that they don't like the band. With refined albums like *Murmur*, *Automatic For The People, Monster*, and *Green*, the band, with nineteen albums, are a staple in the pop, rock, and folk scenes. *Green* is an album that defines itself in R.E.M.'s discography and is an overall great album.

R.E.M.'s Michael Stipe identifies himself as a "queer" artist. He's not as open about it as others on this list, but as someone who is as nonchalant about it as Stipe is, it made a lot of people realize the stereotypes of LGBT people were just that: stereotypes. The HIV epidemic created a massive hatred against gay and bisexual men in the 1980s and 1990s; the hate crime rate was at its all-time high in this time period. Michael Stipe was in a period where he could've been heavily criticized, but he looked hate in the eyes and blinked second.

BROCKHAMPTON - *SATURATION (I-III)* (2017) [Rap]

SATURATION II pictured.

Kevin Abstract co-founded the self-proclaimed boy band BROCKHAMPTON over a Kanye West forum and a group of friends from his high school. The band went under differing artist names before deciding on BROCKHAMPTON, then grabbed the hip-hop world by the horns by releasing three albums over the period of nine months.

Often, on tracks he is featured in, you'll hear Abstract talk about his personal life, and most prominently, being gay. He has continuously spoken out against the injustices against gay people in yesterday's and today's climates. His lyrics are as blunt and abrasive as the subject matter he touches, having grown up in a town where being gay was extremely looked down upon to the point of violence, not having the ability to speak out against it in fear of retaliation, and having to hide his identity. Kevin Abstract has been able to continuously advocate for LGBT rights since the beginning, and has no sign of stopping anytime soon through any media he produces.

In last issue's Reader's Involvement section, which came out around (Valentine's Day), we asked you to tell us about your worst first date. Here are the responses we got.

I took her to a restaurant. She hated the food and never spoke to me again.

She told me she liked me and asked me out. We spent an entire day together. I thought it went well, but she never spoke to me again, even though we had class together.

I had a crush on one of my close friends for 8 years. I finally got up the nerve to ask her out when I invited her to the movies, then asked, "can we call it a date?" She responded, "let's see where the night goes." Obviously it went nowhere, because she came to the movie, but never again mentioned the potential date. That crush was crushed.

In high school I had trouble finding a date for prom. Finally the principal suggested a girl to me. We were all set to go (as friends), but right before the prom she was expelled for getting drunk and throwing up on her teacher.

My Date Took Me to a Vape Shop: So, my date

See **BAD DATES** *page 15*

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, visit http://tinyurl.com/sophiaquestion or submit it in the Ask Sophia box in the FSM front lobby.

Dear Sophia, How do you handle all of your friends being in relationships?

I am the last single person in my friends group, and I am noticing that none of my friends in relationships are listening to reason any longer! They are all in the "honeymoon phase," and it's annoying that I am always the third wheel now.

I do ask for time with my friends specifically, but either I end up hearing all about their significant others while we are together, or they don't hang out at all because they already have plans with said significant other! What do you think? Help me, Sophia!

Dear Third Wheel**,** Well, one solution would be to get yourself an S.O., so open up Tinder… (totally kidding, please don't use Tinder to solve any of your problems). For real, though, I do have a couple of ideas.

Perhaps you could hang out in groups more often - get together several friend-couples (this way, instead of being the third wheel, you can be the fifth or seventh wheel!! So much better!)

Also, whether you're with just the friend, the friend and their S.O., or several friends with their respective attachments, plan things to do. Go hiking or play laser tag, or whatever y'all are interested in. If you're not just sitting around talking, then you won't have to suffer through the sappy stories.

Finally, keep in mind that this situation won't last forever. Either they're going to break up (and then your friends will need your shoulder to cry on, you can have a cathartic ex-bashing sesh, and then go back to your pre-S.O. friendship), or they'll get over the honeymoon phase and they won't be so all-consumed that their brain ceases to function beyond the scope of the relationship. And someday, when you find that person whom you're convinced is Mr./Mrs. Right, and one of your then-single friends writes to me, I'll give them the same advice.

Dear Sophia, Do you have any advice for people taking more than one online class?

Dear Student**,** It must be your lucky day, because as a matter of fact, I do.

First of all, and I can't stress this enough, *make yourself a planner!* It's so easy to lose track of deadlines in online classes, when there is no instructor reminding you in class of impending due dates. It would be best to start at the beginning of the semester, but it is certainly better late than never! Look through your syllabi/course schedules and write down every single assignment in your planner. It may also be helpful to color-code your assignments (for example, highlight assignments in pink on the day they're assigned and green on the day they're due, and use a yellow highlighter for important things such as exams).

Second, set aside time each week--perhaps a couple hours on a specific day of the week--dedicated to each online class. Then spend that time working diligently on your coursework as if it was an in-person class. If you complete your assignments for the week but still have time left over, spend the remainder of the hour(s) getting ahead. Many instructors open up material for online courses ahead of time, so you can work ahead, and then you'll have a buffer if something comes up and you have to miss your "class time" later.

My last bit of advice would be to meet up with other students from your class, if possible (you can use Blackboard's secure messaging feature to get in contact with your classmates). Work together on assignments if the instructor allows it, or even just study together. I promise you will not regret doing this! Not only will you have the benefits of combined brainpower, but you might very well make some new friends in the process!

Math Department raises money, donations for MyHouse

For what must be the umpteenth consecutive semester, the Mat-Su College Math Department has sponsored a donations drive for MyHouse, a local charity serving homeless youth.

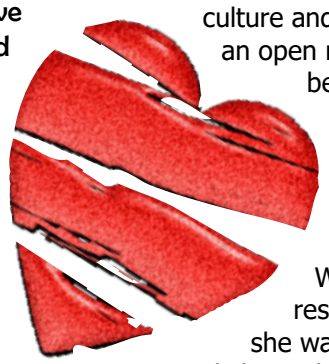
The Math Department began its efforts by encourage students and employees to bring to campus donations of snacks, clothing, and self-care supplies. All of these will be donated to the youth served by MyHouse.

The Math Department capped off the donations drive by organizing a Pie Day event. This combined a bake sale with the chance to donate a dollar in exchange for a chance to throw a pie at your "favorite" professor. Between this activity and the bake sale, the day-long event raised $320 dollars for MyHouse.

To learn more about MyHouse, please visit http://myhousematsu.org/

BAD DATES *continued from page 13*

did not start out ideally. We met at a sushi place; he was late and pulled up beside my car. He got out of his car and said, "I forgot my wallet," and invited me to get into his convertible car to drive to his place and get his wallet. I had known this guy for a few months, so it's not like I was just getting in a car with a stranger. What was annoying was that my hair was down and I had my sister curl it so that it looked nice for my date. By the time we got to his house and then drove back to the restaurant, my hair was windblown, tangled, and so poofy. Still, I was looking forward to lunch. Our sushi date was great, but after we were done, he said, "I just have to go get something, wanna come?" I said sure, and he led me into a vape shop where he proceeded to test out different flavors of vape juice. Needless to say, we did not go on a second date.



The Bad Tipper:

So I met this guy at school and I thought he was really cute. He wasn't from the United States and I thought it would be cool to date someone from a different country, maybe find out about a different culture. We exchanged numbers and I agreed to go on a date with him. I quickly found out that this guy was a chronic texter who wanted to know what I was doing at all times of the day. If I didn't respond right away, he would get worried or offended. I instantly found this annoying, but thought it was sweet to have a guy who barely knew me worry like that. The day before our date, he asked if he could see me before then and we went to a juice place. He was very sweet and had a good sense of humor and I really liked talking with him... when I could talk. I found it somewhat refreshing that he was so open about sharing about his family and where he was from and what he did, because I usually have to lead a conversation and get questions out of the other person. This feeling changed the next day when we went on the date we originally planned.

We started off our date with a trip to a bookstore, where he wanted to buy every book I touched or even looked at. This made me uncomfortable because I had only known this guy for a week and he wanted to buy me everything in the store. When I refused to let him purchase me anything, he ordered a book that he insisted I read, despite me asking him to please not order the book. By the time we got to the restaurant, my feelings had dampened for this guy a bit. I had hardly said anything all day and he did not seem to care about what I said. When I discussed my favorite book and said that it made me cry, he responded, "That is such a woman thing to do." I attributed his behavior to his culture and tried to keep an open mind but knew before we got to the restaurant that I didn't want to go beyond today with this guy. When the waitress showed up, she was very friendly and she and I got along really well. She made me laugh and she seemed very motherly. For some reason, the banter between me and the waitress seemed to make him jealous and he didn't so much as look at the waitress. I couldn't help but find it funny that in movies or tv, it was always the woman getting mad at the guy for speaking to the waitress too much.

When the waitress wasn't there, I was almost completely silent; I couldn't seem to get a word in--except in moments when he asked if I wanted to get married one day, did I want kids, how many kids would I want? Did I want to go to Germany? His family was in Germany and maybe one day I could meet them. Again, this was our first real date and he was already bringing up children. Needless to say, we skipped dessert and got the bill. He insisted he pay. When I was about to leave a tip, he insisted that he already left a tip. When I checked, he had left 2 dollars on a 45 dollar bill. I worked in a restaurant at the time and was not just offended but appalled. I tried to tell myself that maybe they didn't tip where he was from. Nope, he told me that they tipped in his country, but he felt uncomfortable tipping in this country because he didn't want a waitress spending his money on alcohol. I waited for him to go wait by the door and left a 10 on the table. After texting him that I didn't want to go on another date and that I didn't think that we were right for each other, he didn't take the rejection well and kept texting and calling me until I blocked him.

Top 8 *continued from page 1*

texts. This keeps your brain from being overloaded by allowing it to rest sometimes!

6 Establish personal priorities.
When you really sit down and look at the big picture, it's good to remind yourself of what's important. Even on your hardest days at school, just remember that college is temporary and it's important for making a future for yourself! Just take one assignment at a time, one day at a time, one week at a time, one semester at a time ... And before you know it, you'll be graduating. :) (Just like me!)
(6 and 7 taken from Top 8 Ways to Balance School and Life, featured in the Fall 2018 issue)

5 Take advantage of academic advising!
Even if you don't think you need an advisor because you can look at Degreeworks yourself, an advisor knows the "ins and outs" of the UA system and can help you make a schedule that is best for you! I speak from recent personal experience; I could not have known how different course numbers (CRNs) counted for toward my degree, so I needed an advisor to help me translate all of the numbers and course descriptions to get to what I really needed. They also get to know you along the way! If you make an effort to meet with them regularly as you go through your college career, they know what you've done and what you've enjoyed. This makes them able to help you even more in future classes.
(Taken from Top 8 Reasons Why You Should See Your Advisor, featured in the Winter 2018 issue)

4 Study smart!
Don't slack off on studying consistently throughout the semester!!! Even if your class doesn't use the required textbook much, be sure to utilize the information in it. Studying what you've learned in class not only solidifies it in your mind, but also makes studying for the final exam much easier. Take it small chunks at a time through the semester, and you'll be more successful in the long run.
(Taken from Top 8 Tips for Studying, featured in the February 2016 issue)

3 Sleep well/ Get plenty of Z's
(I apparently really like this tip, because it keeps appearing in many of my past lists.) Many studies have shown that our bodies function better on six to eight hours of sleep. I have found that it's better to go to bed earlier, in order to wake up earlier to do last minute home-work, than to stay up all night trying to finish. Even if you're not a morning person, it's much easier to concentrate when you've had a good night's sleep. It can be tempting to push your bedtime later to get more done, whether it's homework or other activities, but it's much better for your health and energy levels overall to simply get enough sleep.
(Taken from Top 8 Tips to Succeed in Class, featured in the March 2016 issue)

2 Question to ask your advisor: Are there alternatives to taking [insert class that you don't want to take]/ What do these credits count towards?
In my first few semesters at college, I didn't realize how many options there are for filling the same requirements. I would have been stuck in many a class that I did not like if it weren't for my academic advisors showing me my options. Sometimes there really are classes that you cannot avoid, but most of the time, especially for general education requirements, there are plenty of different classes that fulfill the same credit load. Ask your advisor about it to see which one is the best for you and your career choice.
(Taken from Top 8 Questions to Ask Your Advisor, featured in the April 2017 issue)

1 Never give up.
My last tip, never before seen in any Top 8, is *never give up.* You ***will*** finish that amazing paper, you ***will*** pass that class, you ***will*** make that Dean's List, and you ***will*** graduate. You'll look back on your college career and be proud of your accomplishments and cherish your memories. I wish you all the best and good luck on your journeys!! "Whatever you do, do it well." –Walt Disney.

To commemorate the final "Heather's Top 8," one of our favorite and longest-running columns, we present this master index of past installments. All of these can found in the back issues available at https://matsu.alaska.edu/monitor/past-issues.cshtml

- October 2015: "Heather's Top Eight Advice Bits for New and Returning Students."
- February 2016: "Heather's Top Eight Advice Bits for Studying."
- March 2016: "Heather's top Eight Advice Bits to Succeed in Class."
- April 2016: "Heather's Top Eight Experiences to Have Before Graduation."
- October 2016: "Heather's Top Eight Tips For Staying Awake without Caffeine."
- March 2017: "Heather's Top Eight Advice Bits for New and Returning Students."
- April 2017: "Heather's Top Eight Questions to Ask Your Advisor."
- Summer 2017: "Heather's Top Eight Ways to Fail a Class."
- March 2018: "Heather's Top Eight Bits to Stop Procrastinating on Your Homework."
- April 2018: "Heather's top eight ways to save money."
- Summer 2018: "Heather's top 8 ways to keep your mind sharp over summer break."
- October 2018: "Heather's Top 8 Tips on balancing school and life."
- Winter 2018: "Heather's Top 8 Reasons Why You Should See an Advisor, or 'Why Advisors are the Best!'"
- Summer 2019: "Heather's Ultimate Top 8: The Top 8 Picks from Heather's Top 8"

I don't know what classes to take, what teachers are good... Registration is soon and I'm freaking out!
Dude, I keep telling you, you need a good adviser!
ADVISING

Academic & Financial Aid Advising Available

907-745-9762

SAVE THE DATE!

May 31 - June 1, 2019

Registration:
http://registermsc.asapconnected.com

Full class list, prices, etc:
matsu.alaska.edu/
OR
https://www.facebook.com/Machetanz/

Machetanz Arts Festival

Mat-Su College
University of Alaska Anchorage